

Fig. 1.

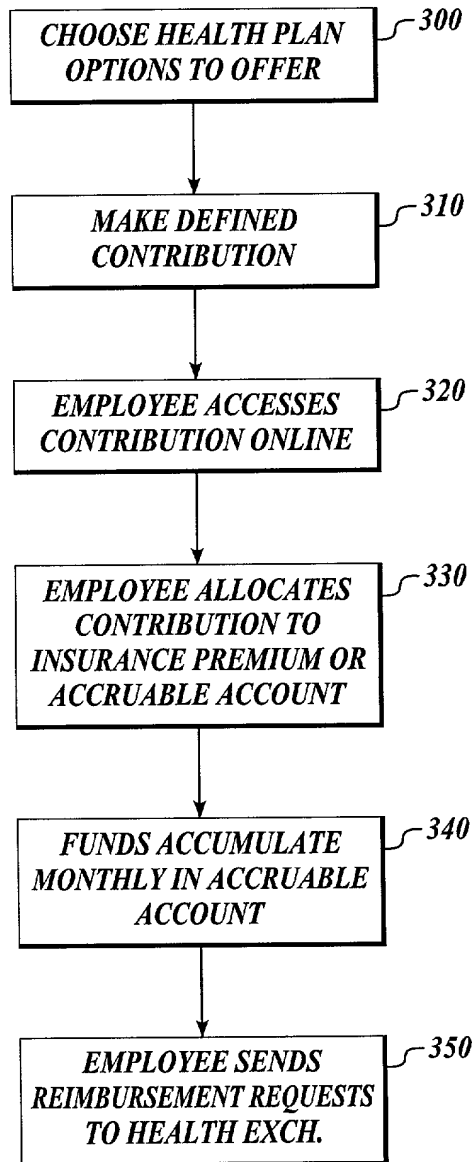
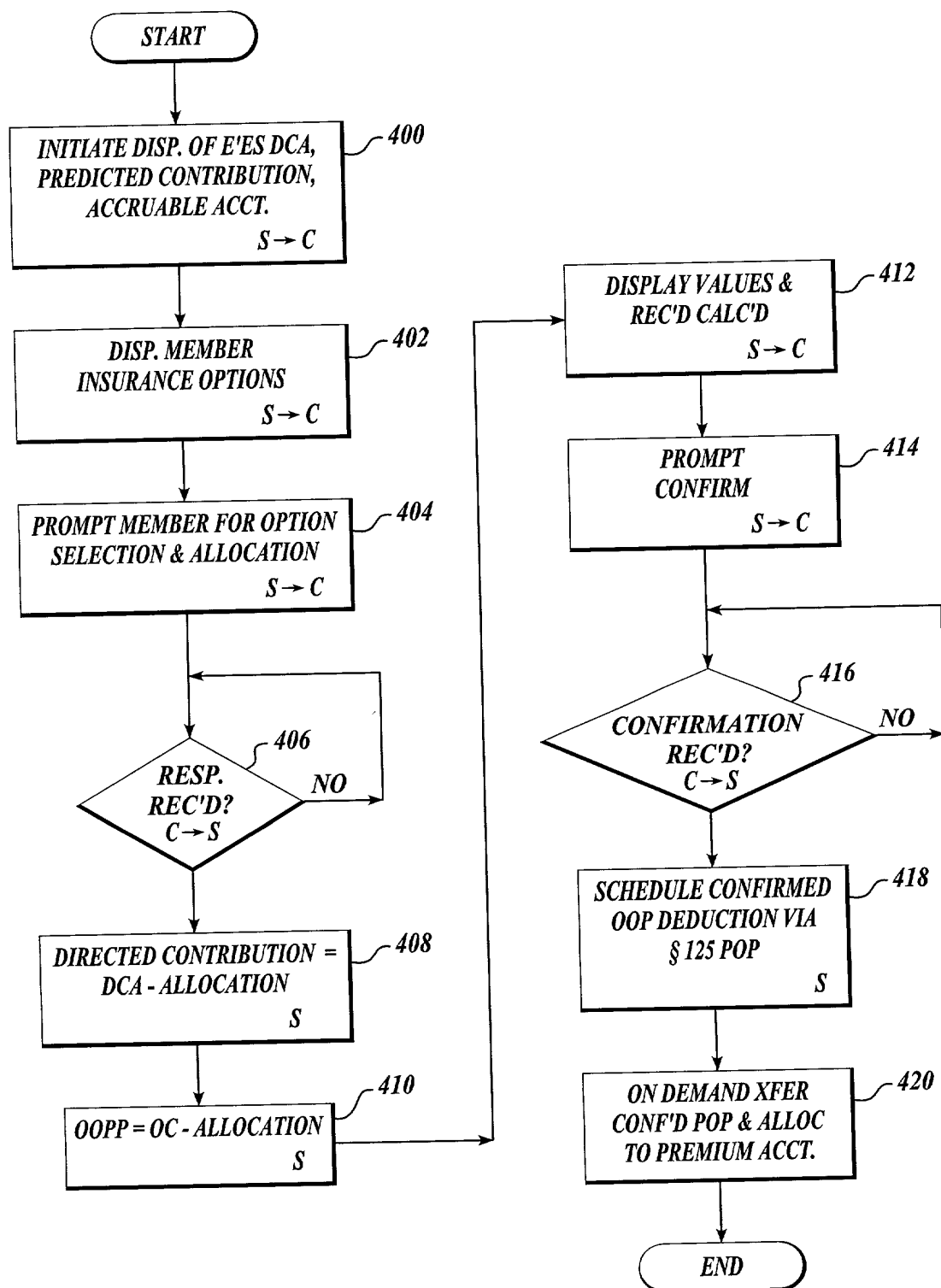


Fig. 2.

*Fig. 3.*

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Welcome Kathy [LOG OUT](#)

Health Benefits Enrollment

[Employee Home](#) [Choose Health Plans](#) [Set Up HFA](#) [Confirm Selections](#) [Provide Personal Information](#) [Print Forms](#) [enrollment](#) [next](#)

Choose Health Plans

First select who will be getting coverage...

Medical insurance for Decline Medical coverage? ☐

Dental insurance for Decline Dental coverage? ☐

Then select medical and dental plans to compare...

Current Medical Plan or... Compare Medical Plan to...

| Regence BlueCross BlueShield of Oregon PPO 4 (Your current 2000-2001 Plan) | Regence BlueCross BlueShield of Oregon H 11 (2001-2002 Plan) |
|---|---|
| Medical Plan and Benefits Regence BlueCross BlueShield of Oregon PPO 4 VIEW DETAILS | Medical Plan and Benefits Regence BlueCross BlueShield of Oregon PPO 4 VIEW DETAILS |
| Premium \$477.85 | Premium \$477.85 |
| Family Deductible \$600 | Family Deductible None |
| Individual Deductible \$200 | Individual Deductible None |
| Maximum Out-of-pocket/Family per family member Office Visits \$700 | Maximum Out-of-pocket/Family per family member Office Visits \$1000 per person per calendar year |
| Prescription Drug 90% | Prescription Drug \$10 co-pay |
| Emergency Room \$50 per calendar year, then 80% co-insurance | Emergency Room Benefit must be added |
| Hospitalization 100% after \$100 copay | Hospitalization 90% after \$100 copay |
| Lifetime Maximum 90% | Lifetime Maximum 80% |
| Mental Health \$2,000,000 | Mental Health \$1,000,000 |
| Outpatient Day Surgery 90% | Outpatient Day Surgery 80% |
| Specialist 90% | Specialist 80% |
| <input checked="" type="radio"/> Choose this plan | <input checked="" type="radio"/> Choose this plan |

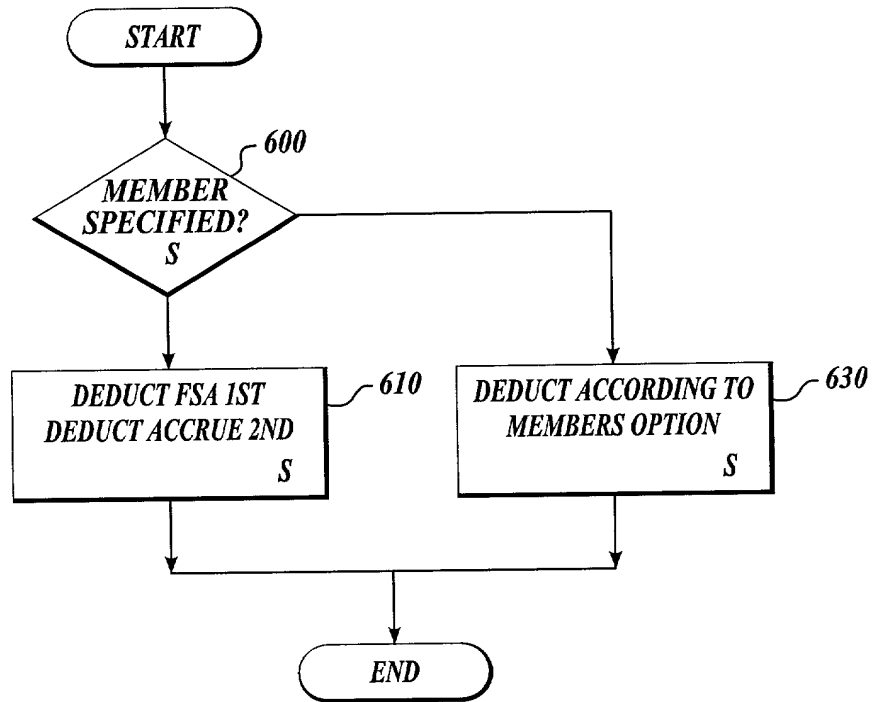
Current Dental Plan or... Compare Dental Plan to...

| Regence BlueCross BlueShield of Oregon Classic 85 (Current) | Regence BlueCross BlueShield of Oregon Classic 65 (2001-2002 Plan) |
|---|---|
| Dental Plan and Benefits Regence BlueCross BlueShield of Oregon Classic 85 VIEW DETAILS | Dental Plan and Benefits Regence BlueCross BlueShield of Oregon Classic 65 VIEW DETAILS |
| Premium \$477.85 | Premium \$477.85 |
| Complicated Services 80% paid | Complicated Services 50% paid |
| Individual Deductible \$50 | Individual Deductible \$50 |
| Maximum Benefit \$1,000 per calendar year | Maximum Benefit \$1,000 per calendar year |
| Basic Services 80% paid | Basic Services 80% paid |
| Family Deductible \$150 | Family Deductible \$150 |
| Major Services 50% paid | Major Services 50% paid |
| Preventive Services 100% paid | Preventive Services 100% paid |
| <input checked="" type="radio"/> Choose this plan | <input checked="" type="radio"/> Choose this plan |

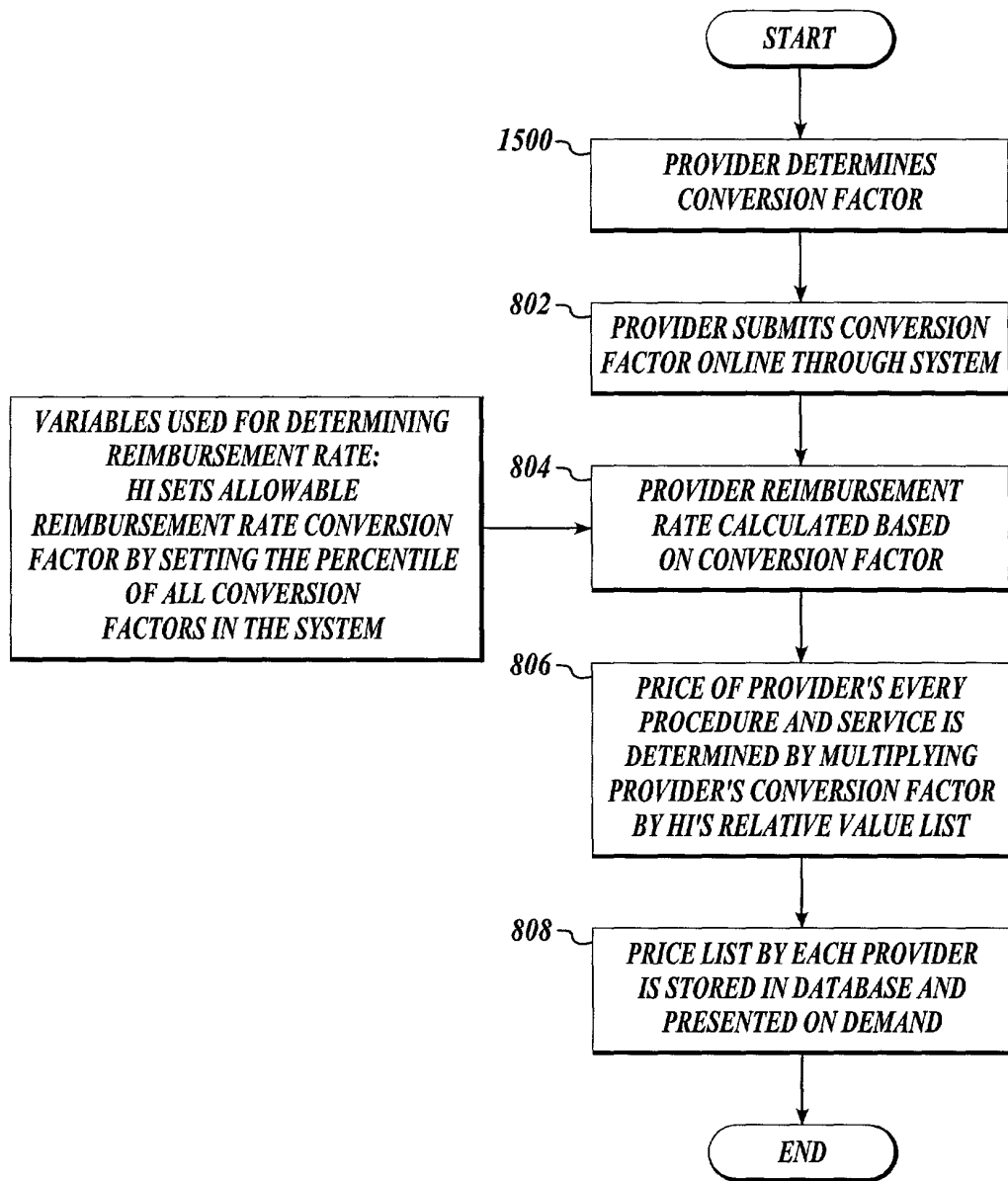
| Monthly Cost Summary | | Monthly Cost Summary | |
|--|----------|--|----------|
| Medical Plan: PPO 4 Dental Plan: RBCBSO Classic 85 (Your current 2000-2001 Plan) | | Medical Plan: ARBCBSO H11 Dental Plan: RBCBSO Classic 65 (2001-2002 Plan) | |
| Employer Contribution | | Employer Contribution | |
| To your premium | \$141.50 | To your premium | \$141.50 |
| To your HFA | \$125.00 | To your HFA | \$125.00 |
| Total Employer Contribution | \$200.00 | Total Employer Contribution | \$200.00 |
| Premiums | | Premiums | |
| Medical | \$477.85 | Medical | \$264.80 |
| Dental | \$23.20 | Dental | \$20.05 |
| Vision | \$15.00 | Vision | \$17.00 |
| Total Premium | \$516.05 | Total Premium | \$301.85 |
| HFA Contribution | \$0.00 | HFA Contribution | \$0.00 |
| Your Portion of the Premium | \$316.05 | Your Portion of the Premium | \$101.85 |
| Click here to understand what Your Portion of the Premium means. | | Click here to understand what Your Portion of the Premium means. | |

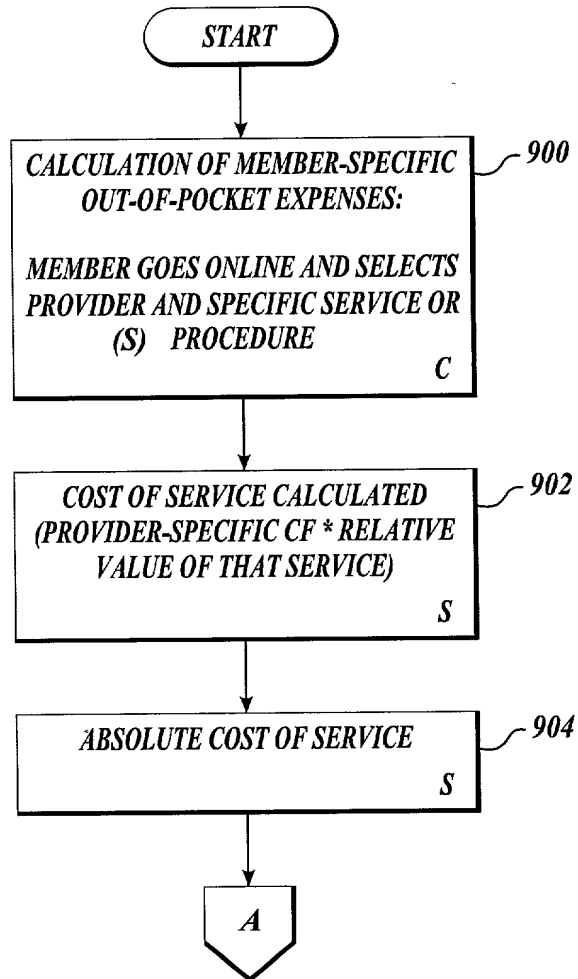
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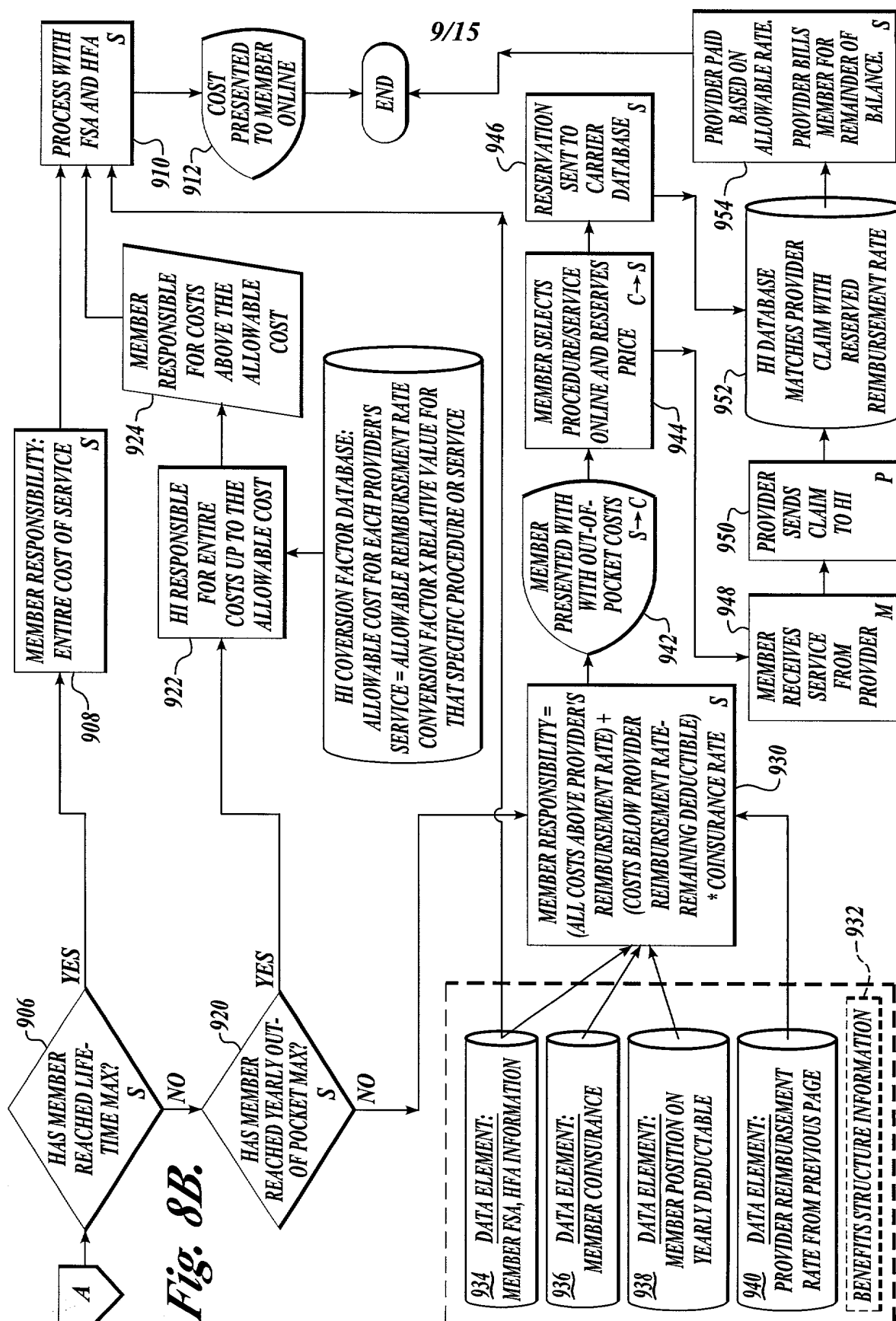
Fig. 4.

*Fig. 5.*

700

*Fig. 7.*

*Fig. 8A.*



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EXCHANGE ENGINE OUTPUT

SERVICE:

CARDIOLOGY SERVICES



***INITIAL CARDIOLOGY EXAMINATION
TREADMILL
CARDIAC REHABILITATION***

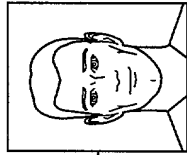
SELECTION OF DESIRED SERVICES

Fig. 9.



1180

STEPHEN WUMPS, MD, FAACP



SUSAN CARLSON, MD, FAACP

| | | | |
|------|--------------------|---|--|
| 1100 | PRICE | \$400 | \$600 |
| 1110 | WHAT YOU PAY | \$80 | \$200 |
| 1120 | LOCATION | 11 OLD MILL ROAD, PORTLAND, OR 97111 <u>MAP</u> | 244 SNODGRASS PARKWAY, LAKE OSWEGO, OR 98333 <u>MAP</u> |
| 1130 | RESUME | MD, OHSU, 1978 CARDIOLOGY, UNIV. MARYLAND 1984 <u>CLICK FOR DETAILS</u> | MD, UCSF, 1984 CARDIOLOGY, BAYLOR, 1990 <u>CLICK FOR DETAILS</u> |
| 1140 | MEMBER REVIEWS | <u>CLICK TO READ</u> | <u>CLICK TO READ</u> |
| 1150 | PUBLIC RECORDS | <u>1 LISTING (CLICK TO REVIEW)</u> | <u>2 LISTINGS (CLICK TO REVIEW)</u> |
| 1160 | INDEPENDENT RATING | ☆☆☆☆ | ☆☆☆☆ |
| 1170 | WEBSITE | <u>WWW.WUMPSMD.COM</u> | <u>WWW.CARSONHEART.COM</u> |

Fig. 10.

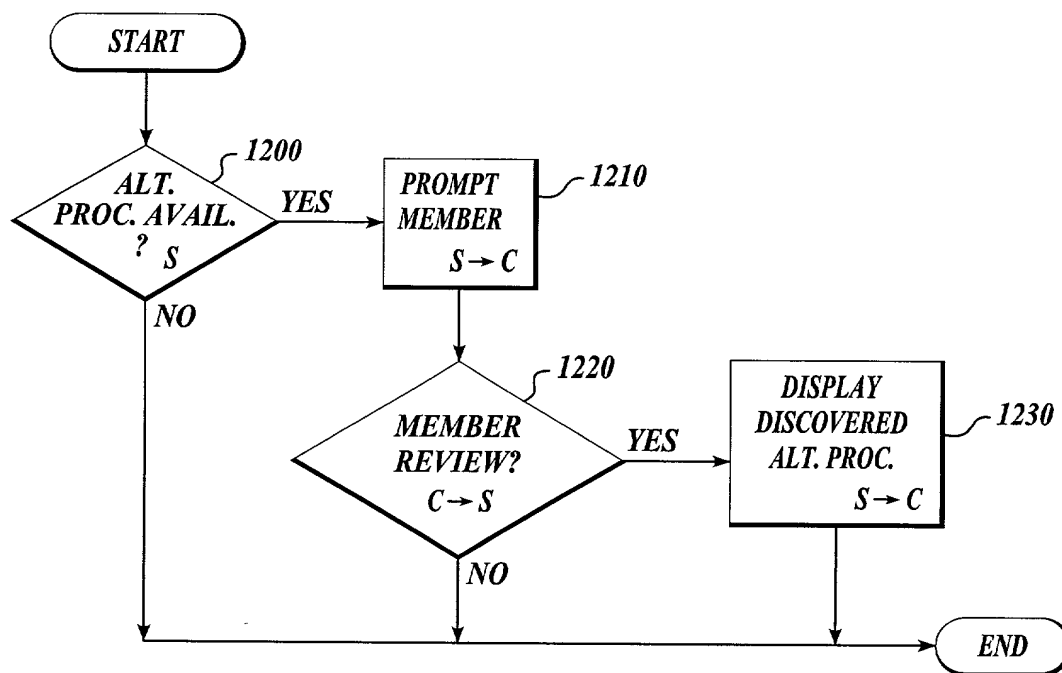
*Fig. 11.*

Fig. 12.

Monthly Cost Summary

Employer Contribution \$225.00

Employer Contribution

Medical \$312.76

Dental \$73.85

Vision \$17.60

Prescription \$74.90

Total \$479.11

Health Freedom Account

HFA Contribution \$20.00

Available \$240.00

You Owe \$274.11

Information

Surgery Name: Lumbor Laminectomy

Common Name(s): Back surgery; Disc surgery

Purpose: Take pressure off the nerves in the spine in order to remove the cause of pain.

Description: For this operation, the patient must be under general anesthesia and placed on a machine that takes over breathing. Once asleep under anesthesia, the patient is placed face down on the operating table. The surgeon cuts into the lower back over the problem area of the spine. The skin and muscles are pulled away. The surgeon takes the pressure off the nerves by removing parts of the bone, spinal disc, and the tissue that is pressing on the nerves.

Time: The operation can take up to 3 hours. See photos. See video.

Risks: Blood Clots, Infection, Paralysis, Bleeding, Loss of bowel and bladder control, loss of bowel function

Alternatives: Not everyone with low back pain or sciatica needs a back operation. See the reasons for getting a lumbar laminectomy by clicking here for more details. Alternatives to an operation include exercise program, massage, physical therapy, and steroid injection. Of course you should always consult your physician when making treatment decisions.

Choosing surgeon: When ~~choosing a surgeon~~ there are a few tips and questions to ask:

- How many operations have you performed?
- Tip: Surgeons who perform more than 100 laminectomies per year get better results than those who do less than 100 per year.
- Who will take care of me after my operation?
- Tip: Ask if you will require specialty care from a cardiologist, intensive care physician or other specialists? If you have a specific specialist you see regularly, make sure your surgeon knows who to call. Ask if the specialists should be consulted before the operation.
- Who are the surgeon's partners?
- Tip: Remember, the partners may be caring for you that night or the next day.
- Who will be my anesthesiologist?
- Tip: Ask if the anesthesiologist who will care for you is experienced with this type of operation and knows your specific medical conditions.

References: Surgery for degenerative lumbar spondylolisthesis
Cochrane Database Syst Rev. 2000; CD001352. Review.
Seven-year clinical follow-up after lumbar disc surgery: results and predictors of outcome.
Br J Neurosurg. 1999 Apr; 178-84
Quality of life before and after microsurgical decompression in lumbar spinal stenosis,
J Spinal Disord. 2000 Jun; 237-41

Comparing Surgeons

NEED HELP?

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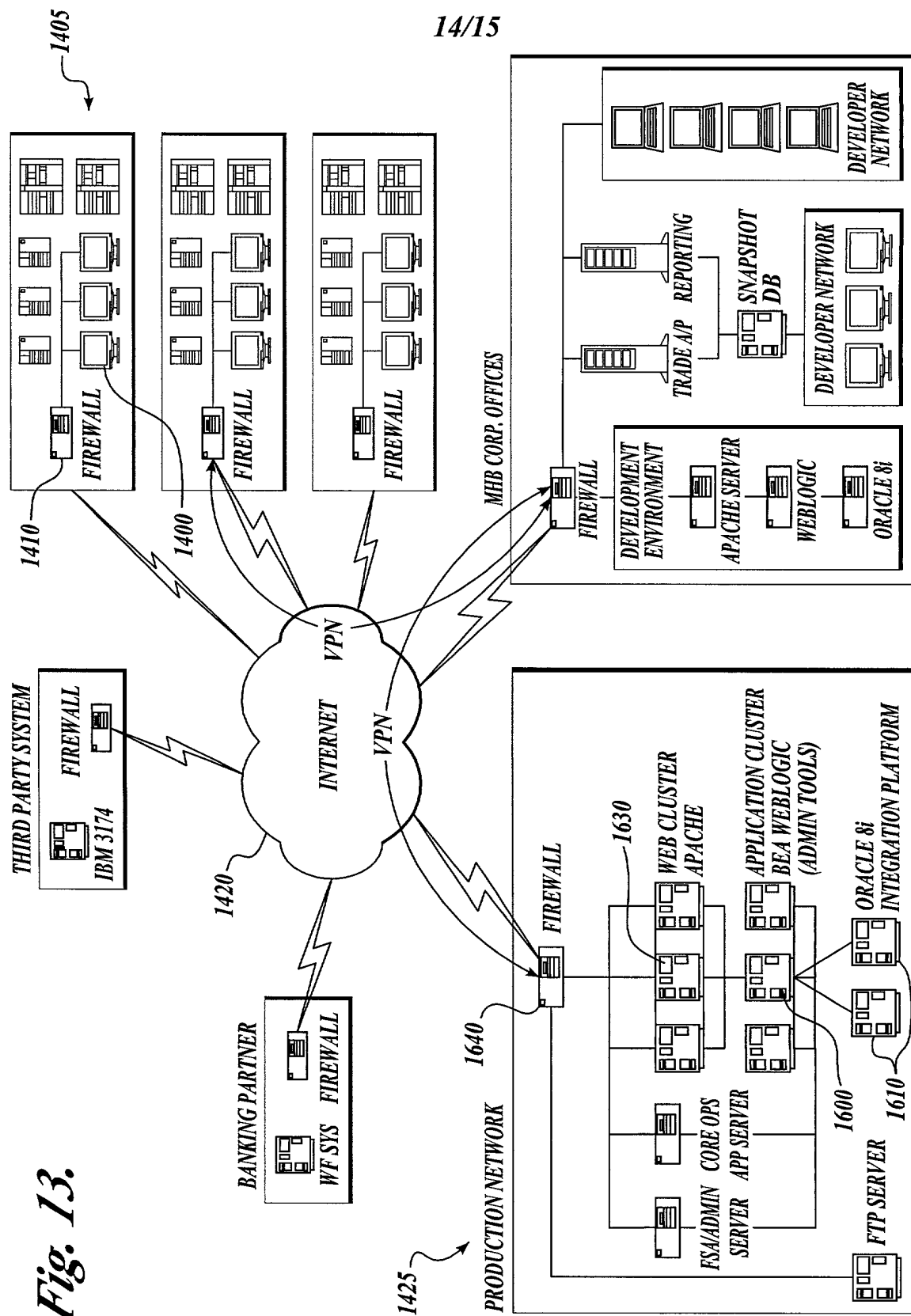
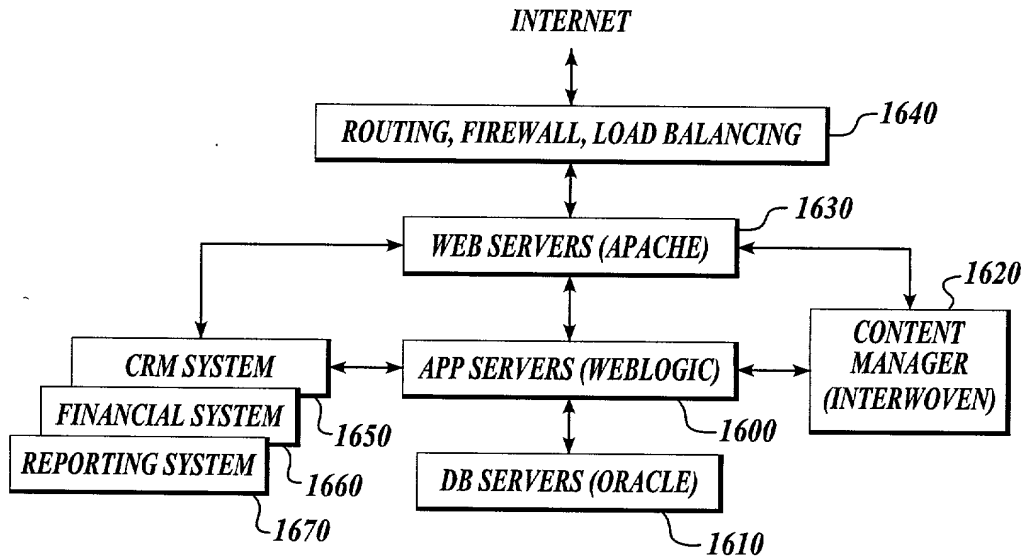
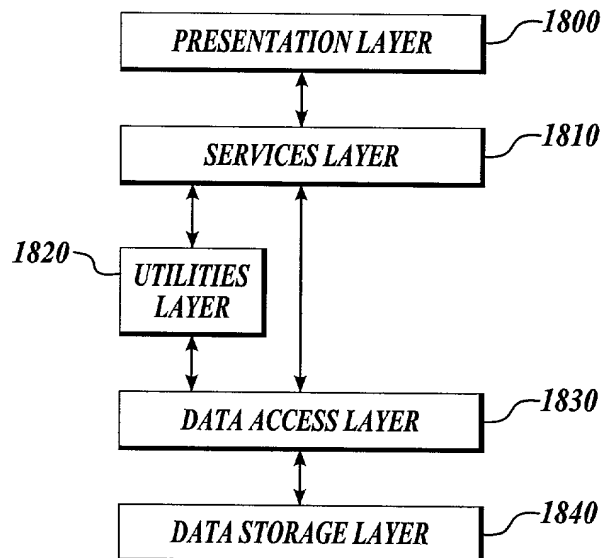


Fig. 13.

*Fig. 14.**Fig. 15.*